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NSAB, WRNMMC Frock Sailors to Next Rank

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Dec. 5 was a special day for eight Sailors onboard Naval Support Activity Bethesda. These Sailors representing the culinary specialist, gunner's mate and master-at-arms ratings were among the most recent class to be 'frocked' to third and second class petty officers during a ceremony in the Building 17 atrium.

Making rank in the Navy is proving to become more difficult by the exam cycle, but these individuals kept their heads to the ground and were selected to advance to the next rank.

For some, it was their first time taking the exam to advance and they aced it, but for others this would prove to be their last time being able to take the exam to advance because of reaching high year tenure (HYT). To those individuals who had reached HYT, not advancing would mean being administratively forced out of the Navy.

Gunner's Mate 3rd Class (GM3) Hyler Statam was fortunate enough to advance to third class on his first attempt taking the exam.

"It means a lot to me making it first time up because I was surprised to see my name on that list," said Statam. "I don't regret any decisions I made coming into the Navy. Now that I have that position, I want to take on more collateral duties."

Hailing from Pensacola, Fla., Statam explained his approach to the exam was breaking out his 'gunner's mate's bible' even before the bibliog-



Photo by Mass Communication Specialist 2nd Class Brandon Williams-Church

Culinary Specialist 3rd Class Jasmin Castro-Roach gets her new collar devices pinned on her by her daughter Brooklyn, 3, during the Naval Support Activity Bethesda frocking ceremony Dec. 5 in the Building 17 atrium.

raphy for the GM3 test was released.

"It still hasn't really sunk in yet," said Statam. "To me it looks weird when I look in the mirror and see those 'crows' on my collar."

For Culinary Specialist 2nd Class Jonathan Richardson, the fate of his career in the Navy was hanging in the balance on this exam since reaching HYT.

Self-described as a horrible test taker, but an extremely hard worker, Richardson knew it was 'do or die,' but didn't crack under the pressure.

"I've been a third class for so long, I was ready to become a second class petty officer," said Richardson. "It makes me feel really good about myself. I believe some people can get frocked too early, and those

people can lose their careers. You can be given that position of authority but you may not be ready for it. For me, the things that I wanted to fight for, I am in a position where I can pull on that rope. I may not win, but I have that pull now."

From the small town of Anderson County, Tenn., growing up, Richardson always had an itch to be in the armed service as an adult.

"I grew up in a time of good cartoons, the early 90s," said Richardson. "We had G.I. Joe, Popeye, you know, some cartoons that showed aspects of the military. Seeing that, ever since I was a kid, I always wanted to be in the service, I thought I would end up in the Army because I came from a landlocked town. But, I can

honestly say I am living my dream."

To reach that next rank, the Navy's core values and a heavy dose of motivation was the common thread among the 'frockees.'

"My goal is to make senior chief," said Richardson. "At my last command, I helped with a retirement ceremony and the senior chief retiring wanted the senior chief anchor on his cake. We didn't have a picture of the anchor and had only 12 hours to complete the cake. So, I bought the cap anchor piece from the uniform shop and took it to the cake shop where they were able to pull it off. I went to give the senior chief that anchor piece and told him 'this saved the day.' He told me to keep it because 'I was going to be wearing that one day.' I

keep that anchor piece in my truck. That is my motivation. When I feel like I am about to fail I look at that anchor. I pulled it off when people said it couldn't be done."

Naval Support Activity Bethesda was not the only command which had Sailors reach the next rank. The base's largest tenant command Walter Reed National Military Medical Center, frocked nearly 90 Sailors before a standing-room-only crowd in Memorial Auditorium on Dec. 4.

"This is a big day for the Sailors who will walk across the stage, and it's a big day for their families," said Brig. Gen. Jeffrey B. Clark, WRNMMC director. "This is a family affair, [and] what we do is a

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Director's Column

Happy Holidays! 'Tis the season to gather for fellowship; count blessings; celebrate our faith traditions; spend time with family; support those less fortunate; review the past year's accomplishments; and resolve to improve upon shortfalls.

On Thanksgiving more than 600 of our Walter Reed Bethesda Family gathered for fellowship and a remarkable feast in our Galley. Thank You to our incredible Nutrition Care Team!

On Dec. 3, Congressional, Military Health System (MHS), and National Cancer Institute (NCI) leaders gathered to celebrate the second anniversary of our Murtha Cancer Center. This celebration closed with NCI, the Uniformed Services University (USU), and Walter Reed National Military Medical Center (WRNMMC) committing to expanding our partnership in the fight against cancer. The potential of this alliance is immense for all involved, especially our patients.

Over 1,100 of us gathered last Friday for the First Annual USU/WRNMMC Unity of Effort Holiday Ball — an incredible "Evening of Elegance." We busted our best moves! Thank You to our superb Holiday Ball Committee!!

Our Combined Federal Campaign (CFC) is an opportunity to donate to the charities of our choice and to support those less fortunate. It concludes Monday. Sue and I donate annually as a significant portion of our annual giving and hope you will consider donating via CFC.

Make no mistake, 2014 was a busy year. We have made great strides in fiscal solvency, coding encounters, capturing workload, and transforming to a Multi-Service Market. Our Prosperity Plan focused on the well-being of Our People. Our Galley opened with opportunities for fellowship and great food at affordable prices. We established a Unity of Effort with USU and now work in unison in critical areas: Research; Simulation; Pathology; Fight Against Cancer; TBI; Leadership Development. We received innumerable Education accolades and Research awards. We trained, drilled, and equipped for our mis-



sion to receive and care for patients in support of our nation's operations in West Africa to contain Ebola.

But, we still have work to do. The Secretary of Defense directed MHS Review, revealed that our patients consider access to care to be military medicine's biggest shortfall — answering the phone; timely appointments; parking; finding their way to their appointment; prompt communication of test results. In essence, they said the care is superb but getting to that high quality care is far too often

not patient-friendly. This is unacceptable. We must fix this.

The patient must be the center of all that we do. Our ability to connect with each patient with warmth, empathy, dignity, respect, and selfless commitment is the foundation of high quality health care. Our patients know and trust that we have the knowledge, experience, competence, and technical proficiency to provide safe, effective medical care, but we must go beyond that. The Patient Experience must be extraordinary for every patient every time — high quality health care begins with patient-friendly access.

This month, after several weeks of gathering input, passionate discussion, and talking with patients and staff, we are introducing our new Strategic Plan and Icon — the Extraordinary Patient Experience is the centerpiece of all that we do. I ask that each of us think about how this applies to us individually, within your section, and our hospital. We need your input — please see our intranet banner.

We indeed have much to be proud of. We kick off the New Year resolved to put the patient in the center of all that we do and set the standard in patient friendly access to all that we are privileged to serve

Please have a safe and blessed holiday season. Please be as proud of who we are, what we do, and most importantly, how we do it, as I am to serve with you. May God Bless.

Brig. Gen. Jeffrey B. Clark, MC, USA
Director, Walter Reed National
Military Medical Center

Bethesda Notebook

Navy Medical Corps Town Hall

Rear Adm. Raquel Bono, Navy Medical Corps chief, will provide advice on Navy Medicine promotions and Fitness Report writing to all Navy Medical Corps officers and their supervisors of all services during a town hall on Monday at noon in the Walter Reed Bethesda Memorial Auditorium.

Commissary Tour

The Nutrition Services Department will host a commissary tour on Wednesday beginning at 9:15 a.m. Shuttle pickup is at 8:05 a.m. outside of the America Bldg. To RSVP or for more information, call 301-400-1975.

Menorah Lighting

The Walter Reed Bethesda menorah lighting is scheduled for Tuesday at 4:30 p.m. in the Bldg. 10 quarterdeck (lobby).

Social Network Do's and Dont's

Only establish and maintain connections with people you know and trust. Review your connections often. Assume that anyone can see any information about your activities, personal life or professional life that you post and share. Ensure that your family takes similar precautions with their accounts; their privacy and sharing settings can expose your personal data. Avoid posting or tagging images of you or your family that clearly show your face. Never post Smartphone photos and don't use your face as a profile photo, instead, use cartoons or avatars. use secure browser settings when possible and monitor your browsing history to ensure that you recognize all access points.

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WTB Holds First Caregivers Appreciation Ceremony

By Mass Communication Specialist 2nd Class Brandon Williams-Church
NSAB Public Affairs staff writer

"Caregiving is about making someone's life easier," said USO Warrior and Family Center Director Pam Horton and a local caregiver at Naval Support Activity Bethesda (NSAB). "A lot of the [service members] are going through difficult times for a whole host of different reasons. It's about being able to try and make a difference in their lives, lifting their spirits a little bit and being a morale booster."

For the many patients, patrons and guests who have had an experience with a caregiver, this sentiment bears honest and true words.

To give these caregivers the acknowledgement they deserve, The Warrior Transition Brigade (WTB) held its first Caregiver Appreciation Ceremony Dec. 5 at the USO Warrior and Family Center onboard NSAB, honoring more than 30 recipients.

Brigade Surgeon Col. Gregory Winn, guest speaker for



Photo by Mass Communication Specialist 2nd Class Brandon Williams-Church

Caregiver Pamela Horton, USO Warrior and Family Center director (middle) receives the Commander's Award for Public Service during the Warrior Transition Brigade's first Caregivers Appreciation Ceremony Dec. 5 at the USO Warrior and Family Center.

the event, began the ceremony by saying a few words of what caregiving means for the WTB.

"Although exhausted they have become fierce advocates for the care and healing of their soldier," said Winn. "But this is not what bothers them. They are committed to getting their soldier through the fight, no failed mission, but struggle

with the guilty thoughts of the soldier's time not spent with their children and other family. Doing both is physically not possible, but somehow they put those thoughts away and continue to drive on, even when there seems to be no light at the end of the tunnel. As time goes on, our caregivers sacrifice everything to ensure their sol-

dier receives the best care possible. They don't do it for recognition or notoriety; they do it out of love and commitment for their soldier. They would do it regardless of the circumstance. If you talk with a caregiver, they will always shy out of the light and put the attention back on the soldier. Truthfully, what our caregivers do is amazing. To simplify, the Warrior Transition Brigade would fail its mission if it were not for our heroic caregivers, they are our safety net. We may see a soldier a few hours a day, but they spend 24/7 with that soldier. We have numerous examples of our caregivers who save lives after hours. If you ask a cadre member of the WTB to describe what he thinks a caregiver is, he will say heroic, brave, strong, proud, reliable, selfless, giving, enduring, resilient, energetic, patient, compassionate and simply amazing."

For the caregivers, being such means more than simply providing attention to the soldier in need. It's a privilege and an honor to be able to let the service members know that people still care for and rec-

ognize the sacrifices they are making and to help make a difference for them, said Horton.

"Whatever the service member needs, we try to get that for them," said Ted Nettles better known as "Papa Bear" of the Patriot Guard Organization and fellow recipient of recognition. "We keep doing what we do for the service members because seeing what a wonderful country we live in, and how wonderful the men and women who serve this country are, is the reason we are alive and can breathe the nice air. To see the smile on their faces makes it all complete."

"For me it's about being able to see a change and that you are making a real difference," said Horton. "To see somebody smile when they come to me and say 'hey, I'm having a better day now,' and noticing that you are really making a change. It doesn't have to be something big all the time. Sometimes it's the little things that make the difference, like remembering someone's name, asking them if they are doing okay or telling them happy birthday."

Red Cross Awards WRB Volunteer With Top Honors

By Mass Communication Specialist 1st Class (AW) Chris Krucke
WRNMMC Public Affairs staff writer

Dr. Inge Guen, an American Red Cross (ARC) volunteer at Walter Reed Bethesda (WRB), was recently awarded the 2014 National Capital Region (NCR) Outstanding Volunteer Award (OVA) during the ARC Salute to Service Gala in Washington, D.C.

Guen, a clinical psychologist, is leader of the ARC's Creative Arts Program of the Services to the Armed Forces unit at the Walter Reed National Military Medical Center (WRNMMC). She received the Outstanding Volunteer Award during the ARC Oct. 18 gala, alongside other honorees including the 21st Secretary of the Army John M. McHugh; 43rd Army Surgeon General Lt. Gen. Patricia D. Horoho; and educator, former scientific researcher and politician Dr. Charlene Drew Jarvis, daughter of Dr. Charles Drew, who pioneered knowledge about blood storage and plasma still in use today by



Photo by Bernard S. Little

Dr. Inge Guen (left) and Maryann Dubner display some of the artwork made by Walter Reed Bethesda (WRB) patients who participate in the Creative Arts Program of the Services to the Armed Forces at the medical center, during the 11th Annual Cancer Art Show in October at WRB. Guen was recently named the 2014 National Capital Region (NCR) Outstanding Volunteer.

the ARC. The ARC collects approximately six million units of blood annually through its sites throughout the country.

Guen is the first recipient of the Outstanding Volunteer Award by the ARC in the NCR.

To earn the award, "the individual must have consistently supported the vision and mission of the ARC," according to the selection committee. "Additionally, the nominee's work must have impacted other vol-

unteers and inspired others to volunteer for the ARC. The honoree's work should be inspiring, courageous, unusual or innovative."

"She more than deserves this recognition," said Marin Reynes, senior station manager of the Red Cross chapter at WRB. Reynes stated Guen volunteers multiple days every week, and "is incredibly reliable."

She added Guen "often talks about the importance of volunteers bringing a ray of sunshine and a smile to patients and families. Her energy and positive attitude is contagious, and she is well known throughout [WRNMMC] for it."

Guen has volunteered with the ARC for the past seven years and, for the last four years, has led the creative arts program in which she and others work with wounded warriors recovering from injuries and preparing for the future.

"Seeing the injuries they have sustained, I am in awe of the resilience they display," Guen said. "I saw the need to help our service men and women who returned from the wars in Iraq and Afghanistan and face enor-

mous challenges," she continued. "I wanted to be at their side to bring comfort and hope."

In addition to leading the creative arts program, Guen also volunteers with the ARC comfort cart at the medical center. Red Cross volunteers take the comfort carts, stocked with toiletries and other items, to all inpatient wards. Reynes said the volunteers not only deliver the items, but bring a smile, encouragement and support to wounded warriors and their families.

"[What] I want to instill in them is a positive attitude from the moment they see me," Guen said. "The cart has become a very powerful instrument for me personally to bring peace, to bring hope," she added.

The Red Cross volunteer said she's inspired seeing how wounded warriors meet their challenges and recover. "Our own problems in life seem to be so insignificant compared with what they face."

"I found out there is no other population of patients with this level of courage, this level of dignity and this level of resilience," Guen said.

Murtha Cancer Center Celebrates 2nd Anniversary, Enhances Collaboration With USU, NCI

By Sarah Marshall
WRNMMC Public
Affairs staff writer

To recognize its many achievements, while furthering its collaboration with the Uniformed Services University of the Health Sciences (USU) and the National Cancer Institute (NCI), Walter Reed Bethesda's John P. Murtha Cancer Center (MCC) held its second anniversary ceremony on Dec. 3.

Named for the late U.S. Pennsylvania congressman who was a lifelong supporter of America's armed forces, the MCC is the only Department of Defense (DOD) Center of Excellence for Cancer Care in the Military Health System. It has 16 main elements which include Hematology Oncology, Center for Prostate Disease Research, Gynecological (GYN) Cancer Center of Excellence, Breast Care and (CBCP) Imaging Center, Surgical Oncology, Radiation Oncology, Dermatology, Thoracic Oncology, and Pediatric Hematology and Oncology, among others.

"The remarkable men and women of our Murtha Cancer Center surround and embrace each patient and family with expertise,



Photo by Katrina Skinner

House Minority Leader Nancy Pelosi (right) hugs Joyce Murtha, the widow of the late U.S. Congressman John P. Murtha (D - Penn.), after whom the only Department of Defense Center of Excellence for Cancer Care at Walter Reed Bethesda is named. Pelosi served with Murtha in Congress and spoke at Walter Reed Bethesda Dec. 3.

healing, caring and hope," explained Walter Reed Bethesda Director Brig. Gen. Jeffrey B. Clark.

Patients are at the center of Congressman Murtha's commitment to ensuring the nation's he-

roes receive the highest quality, compassionate cancer care, Clark said. Patients are also at the center of the medical center's collaboration with the NCI, led by Dr. Harold Varmus, and USU, led by Dr. Charles L. Rice.

During the ceremony, Congressional leaders, medical center staff, patients and their families watched as Brig. Gen. Clark, Dr. Varmus and Dr. Rice, signed a "Unity of Effort" document, which Clark said will further their alliance and vision of quality cancer care.

MCC Director Col. Craig Shriver explained this unique signing will also continue fostering their world class expertise and capabilities into a deeper, more expansive, senior-leader endorsed and mutually beneficial relationship.

"[The Unity of Effort] fulfills a promise to the nation, increases capa-

bilities of all without increasing costs to any, further supports our military's readiness, and assures all of our patients that the best cancer program anywhere is the cancer program here, at the John P. Murtha Cancer Center," Shriver said.

USU president Dr. Charles L. Rice expressed his pride in the University's alliance with Walter Reed Bethesda and the NCI.

"The Cancer Center brings together superb clinicians, physicians, nurses, pharmacists, psychologists ... researchers, molecular biologists, pharmacologists, biochemists, radiation biologists, and so many more, to address the unanswered questions of cancers of all types, and thus provides the next generation hope, that many cancers can be prevented, and those that cannot be prevented, at least not

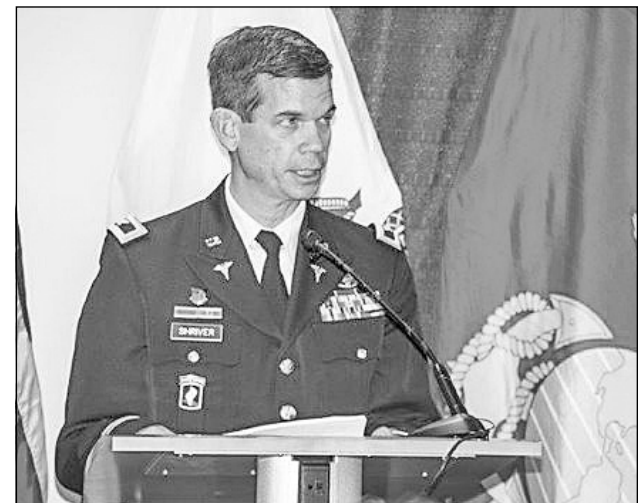


Photo by Beverli Alford

Col. Craig Shriver delivers remarks during a ceremony Dec. 3, commemorating the second anniversary of Walter Reed Bethesda's John P. Murtha Cancer Center.

yet, can be successfully treated," Rice said.

NCI Director Dr. Varmus echoed similar sentiments. He explained the NCI was established 77 years ago, but there is still a long way to go in cancer treatment. One way to make progress, though, is to forge alliances, such as theirs with USU and WRB's MCC, he said.

"With the creation of the Murtha Cancer Center, there are [increased] opportunities for research in cancer care," Varmus said. He looks forward to these opportunities and their continued collaboration, he said.

During the ceremony, the MCC also recognized its many achievements, such as its Breast Care Center becoming the first in the DOD to achieve full accreditation. The MCC also started a lung cancer screening program with a special focus on veterans in higher risk categories because of their military service.

"We've published results from treatment of lung cancer here in the MCC that show a 15 percent improvement in survival for lung cancer treatment at MCC, compared to other civilian centers," Shriver said.

Women with breast cancer also have about a 20 percent higher sur-

vival if treated at MCC, compared to civilian data, he said.

Additionally, the MCC's biobanking operation is at the forefront of identifying genetic protein changes, targets for cancer treatment, and understanding cancer, Shriver said. Through the biobanking operation, researchers can obtain human tissue specimens from properly consented patients. The operation has been accredited by the College of American Pathologists, making it the only one in the entire military health care system to achieve such certification and one of only 26 in the nation, he said.

"We need to have these resources available for the family members, beneficiaries, retirees and veterans," Shriver said. "We feel strongly that by partnering with the world class organizations of the National Cancer Institute, and with the Uniformed Services University, which is America's medical school, producing phenomenal physicians, providing training platforms and having tremendous researchers of their own, in the basic sciences and cancer fields ... there really is no limit to what we can do as three federal organizations."

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Bono: 'Bring Our Patients Back On Board'

Multi-Service Market Leaders Focused on Beneficiaries, Access, Cost

By Bernard S. Little
WRNMMC Public Affairs
staff writer

"I need for us all to find a way to own this, and help make it easier for our patients to come on board," was the primary message Rear Adm. (Dr.) Raquel C. Bono delivered to Walter Reed Bethesda (WRB) staff members, Nov. 20, during her first quarterly town hall meeting for fiscal year 2015.

Bono, director of the National Capital Region Medical Directorate (NCR-MD), used the town hall to reemphasize the importance of the region's market business plan and initiatives, as she has done during previous town halls. She encouraged WRB staff to take ownership of the plan, and look for ways within their scope of responsibilities, to bring beneficiaries back into the Military Health System (MHS) and receive their care at NCR-MD military treatment facilities (MTFs).

"We need to concentrate on what we have control over," Bono said. "Our first interface with our patients, whether it's over the phone or at the front desk, we need to make sure we're doing everything possible to convey the impression we want [our beneficiaries] here. We're creating a relationship with our patients so they will entrust us to help them find a way to their health and well-being. That starts with our very first encounter with them."

"We offer the best care, and I want our patients to have access to the best care," Bono continued. "They deserve the best care, and it is our honor to serve them."

The admiral added that because the MHS already covers the care of beneficiaries in its MTFs, when beneficiaries go outside of the network for their care, the Department of Defense's (DoD) health care system pays again for that care.

In addition to decreasing deferrals and bringing beneficiaries into the MHS network, Bono discussed other market business plan initiatives and projects during the town hall. Those include implementing standardized internal referral management processes; improving population health by implementing Patient-Centered Medical Home (PCMH); optimizing surgical and operating room utilization; and implementing and sustaining patient safety and quality measures.

Bono said she's seen "tremendous signs of synergy" in the efforts to accomplish the market business plan and initiatives within the NCR-MD. She recognized orthopedics and OB/GYN (obstetrics and gynecology) for their management of deferrals and creating



Navy official photo

Rear Adm. Raquel Bono

better access within the MTFs for beneficiaries. She explained this is being done in a number of ways, including clinic staff members scheduling appointments, and use of the Integrated Referral Management and Appointing Center (IRMAC), which patients can call at 1-855-227-6331 to schedule appointments at MTFs in the NCR-MD.

Bono added leaders within the military and Congress are looking closely at numbers for resourcing the MHS and MTFs. "They are looking at the actual number of patients coming here, and funding of the network," she said. She explained leaders are asking the question, "If the budget is appropriate for the number of patients being seen within the market, and determining if 'right-sizing' is necessary."

The patient-centered medical home (PCMH) concept is also designed to improve care, offer enhanced access, increase primary care and cost management, Bono explained. PCMH looks to allow for better coordination of care; improved communication among medical team members and beneficiaries; focus on preventive care and chronic care management; and empower active patient participation.

Bono stated market MTF leadership is "engaged and committed to ensuring our initiatives come to fruition. We are already beginning to see improvements in many areas. It really does start with each and every one of you to determine how you can contribute to making it easier for our patients to come on board," she added.

Focusing on many of the same themes as Bono, Rear Adm. Terry J. Moulton hosted his first town hall at WRNMMC on Dec. 2. Moulton is commander of Navy Medicine East, and director of the Enhanced Tidewater Multi-Service Market Office and Chief, Medical Service Corps.

"You guys are setting the stage for



Navy official photo

Rear Adm. Terry Moulton

us," Moulton said to WRNMMC staff members. He explained the joint operations within WRNMMC and the NCR-MD are an example of how military health care will be delivered throughout the MHS. "We're really learning to work together, and that was the intent [in establishing] the multi-service markets."

He added the tenets for Navy Medi-

cine East and Naval Medical Center Portsmouth are similar to those of the NCR-MD initiatives: establishing and continuing a culture of safety; alignment with the Navy surgeon general's priorities of readiness, value and jointness; implementing Medical Home Port aligned with PCMH and OR utilization; and understanding cost of care.

Moulton explained while warrior care remains a top priority for the DoD, military medicine is also entering into a phase in health care delivery with greater focus on better access for beneficiaries, improved coordination of care throughout the system, and enhanced preventive health and specialty care.

"Keep up the great work," Moulton said to the WRNMMC staff. "You are already working hard and doing it very well. Keep the mindset up that it is about the market, and how do we make the market successful [not just WRNMMC]. The key to our success in the future will be how well we can move personnel assets around within the market [to better serve our beneficiaries]."



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Photos by Mass Communication Specialist 2nd Class Ashanté Hammons

Dr. Arlena Chaney Central Texas College (CTC) site coordinator at Naval Support Activity Bethesda, advises future student Hameed Akeebadu with tuition assistance and class registration forms for the upcoming spring semester. CTC offers two local sites: one here at Bethesda and the other at Joint Base Anacostia and Bolling in Washington, DC. CTC's spring semester starts Jan. 12.

By Mass Communication Specialist 2nd Class (SW/AW/IDW) Ashanté Hammons, NSAB staff writer

A new year approaches, and so does a new school year with new opportunities. Naval Support Activity Bethesda's (NSAB) Navy College Office hosts three military-friendly schools onsite in Bldg 17: Central Texas College (CTC), University of Maryland University College (UMUC) and Southern Illinois University (SIU). All three will start their spring semester in January 2015. Eligible students can use tuition assistance (TA), scholarships, the GI Bill and Pell grants to cover their costs for tuition, fees, and books at these military-friendly schools. "A military career is a good thing to have; however, it is just as important to get your education," says retired 1st Sgt. Johnnie Haynes, site registrar for CTC at Navy College. "Knowledge is power. Get the education if you want the opportunity to succeed."

Central Texas College

CTC, based out of Killeen, Texas, and has education sites all over the world. The two local sites, Joint Base Anacostia and Bolling in Washington, DC and the one here, CTC-Bethesda, offer students two-year Associate of Arts and Science degrees in General Studies, Business, Criminal Justice and Child Development. Classes are offered Monday through Friday from late afternoon until the evening, and on weekends from 9 a.m. to 3 p.m. CTC's spring semester starts Jan. 12.

"Our General Studies program is really popular," said Dr. Arlena Chaney, PhD, CTC site coordinator at Navy College. "Nursing and physician assistant programs are becoming popular as well. So we have a lot of students enrolling in our various science courses."

Science courses include Anatomy & Physiology, Science, Psychology, Biology, Microbiology, Nutrition and Diet Therapy I, Physics and Pre-calculus, Psychology and Sociology. CTC maintains a high retention rate among students and has "a strong [group] of scholars that teach here on base with lots of experience and expertise," said Chaney.

Haynes, a CTC graduate, explained that CTC currently has open enrollment, meaning students can apply for admission to the school. Admission is free.

"Active duty members can receive up to 45 credit hours toward their degree based on their military experience," explained Haynes. "He or she will need to bring in their SMART transcript for an evaluation that can take four to six weeks. That way, he or she does not repeat any courses."

Once you are enrolled, Chaney explained students receive "EagleMail," the CTC email account service for students that provides them EagleMail access to certain tools, such as software, needed for classwork.

Haynes emphasized the importance of senior enlisted leaders supporting subordinates' educational goal. He also encouraged the chain of command, as well as subordinates to know about the resources they have available to further their education.

"It is also important for Soldiers [Sailors, Marines, Airmen, Coast Guardsmen] to take the initiative to further their education," stated Haynes. "Family members, as well as dependents, can take advantage of the military opportunities that it offers when it comes to education."

"CTC has many veterans who are enjoying taking classes, on-base and online; we certify their classes through the Department of Veterans Affairs, to ensure our veterans receive their hard-earned education benefits," commented Chaney.

For more information about CTC, visit www.ctcd.edu. Contact Site Registrar Johnnie L. Haynes, Jr. at 301-654-7755 and Site Coordinator Dr. Arlena Chaney, sc.bethesda@ctcd.edu.

University of Maryland University College (UMUC)

UMUC, a global university offering four-year degrees up to graduate degrees, has 20 locations in the DC metropolitan area and offers courses online. Registration for UMUC's spring semester is now open, with classes starting Jan. 12. To register for online classes, prospective students can go online at any time, stop by Navy College or any UMUC site to register for on-site classes. Registration ends four days before session start date for online classes, and for hybrid classes, the day before the session start date.

Session start dates for January vary, depending on course format. For example, UMUC offers a variety of courses in cybersecurity and business at NSAB.

If prospective students have been out of school for quite some time, Aaliyah El-Amin, military education coordinator at UMUC, encourages them to take advantage of the university's free course offered every semester.

"It helps students develop their learning plan," explained El-Amin. "They can look into what they want to do while they are in school, to set up for their future."

UMUC offers hybrid classes, in which students attend at least one on-site class and the rest of the classes can be taken online. Courses are eight weeks and students should expect to spend seven to 10 hours per week studying, according to El-Amin.

"Dedication to one's studies is important in the classroom, online, as well as outside of the classroom," said El-Amin. "It is more than just showing up and listening to lectures. We want you to be prepared for class and to be successful."

According to El-Amin, UMUC has national testing centers in the local area which accept many of the DANTES and CLEP exams. Like CTC, UMUC offers an evaluation of a service member's SMART transcript.

"We do offer up to 45 hours of transfer credits for an associate's degree and up to 90 credit hours for a bachelor's degree," said El-Amin. "Many of our service members have attended multiple colleges; so we do a tentative evaluation. We can do that evaluation right here onsite. As soon as a student comes in inquiring about public safety or cybersecurity, we do a tentative evaluation. We review their joint service transcript and that gives them an idea of how to get started with the first semester until we receive official documentation. It takes about four to six weeks to get an official evaluation complete."

Although admission to UMUC is not free, the university hosts frequent open houses in the local area. Prospective students can attend these and the \$50 application fee will be waived.

According to El-Amin, UMUC also hosts webinars for military students every second Wednesday of the month.

For more information about UMUC, visit www.umuc.edu

or contact Aaliyah El-Amin at Aaliyah.el-amin@umuc.edu.

Southern Illinois University

Carbonale, Ill.-based SIU's educational offerings range from certificates to Ph.Ds. NSAB's onsite location offers a Bachelor of Science Degree in Health Care Management. The university also features a business program accredited by the Association to Advance Collegiate Schools of Business, available online. Registration for its spring semester is currently underway.

"If you're interested in running a clinic, nursing home, or hospital facility management, this is a great first step," said Glynis Pierre-Louis, site liaison at SIU. "We'd hope that you want to continue on with your graduate degree. You can walk into a supervisory position at a healthcare facility. We provide a great overview of the industry and we include classes on the Affordable Care Act, along with current trends in the industry. We try to keep students abreast of what's currently going on."

Pierre-Louis stated that SIU students interested in taking seated courses can attend CTC or UMUC, where they can "tailor their list of offers for our students so that the classes our students need are available through them." Students can complete their degree with the seated classes in four semesters (fall, spring, summer, and fall). As for the online option, students are looking at completing their degrees in five to six semesters, according to Pierre-Louis.

"We have two terms per semester," explained Pierre-Louis. "We offer courses in seated classes here and they are every other weekend on Saturday and Sunday. Half of our classes are taught by SIU professors that fly here to teach. The other format we offer ... is online, where they can take all of their major classwork."

As part of the admission process, Pierre-Louis

guides students and prospective students through every step.

"We do an unofficial evaluation," said Pierre-Louis. "We repeat them once a year, or even more frequently [if] warranted [by] some special reason. We can enroll military students with unofficial copies and/or military transcripts. Then they have the rest of the semester to turn in their official copies of transcripts."

SIU has a capstone option for students who have completed their associate's degree in health-related fields. According to Pierre-Louis, this program is a little less stringent.

"It's still 120 semester hours to graduate but you get some leeway because we know that some of the course requirements are different," explained Pierre-Louis. "This option can save a person nine semester hours of very specific courses. They can use it for general electives that save time."

According to Pierre-Louis, SIU is a Servicemembers Opportunity College, known as a SOC school.

"[Previously,] service members would go to all these places and attend all these classes and have 200 credits with no degree," said Pierre-Louis. "That would happen because catalogs would change and you can't expect these people to stay in school steadily or finish in four years. That's rare because it's not their first job. SOC allows them to enter into an agreement with SIU as to what will be required for their degree and it gives them seven years instead of four to complete their degree with SIU. And that's to complete their major coursework."

For more information about SIU, please visit www.siu.edu. If interested in SIU, please contact Glynis Pierre-Louis at gkpl@si.edu. Your application fee for the spring semester will be waived when you apply to SIU on Dec. 17 if you submit your unofficial transcripts between now and then.



Master-at-Arms 2nd Class Colleen Dibble, assigned to Naval Support Activity Bethesda Security, looks at University of Oklahoma website for graduate courses for next semester [at Navy College].

Research Department Chief Earns Medical Excellence Award

Civil War Medicine Museum Recognizes Walter Reed Bethesda Colonel

By Bernard S. Little
WRNMMC Public Affairs
staff writer

Recognized for his work in infectious disease prevention for U.S. service members, Col. Peter Weina, department chief of research programs at Walter Reed Bethesda (WRB), recently received the 2014 Major Jonathan Letterman Medical Excellence Award from the National Museum of Civil War Medicine.

Weina received the award during a recent ceremony in Bethesda, Md. The National Museum of Civil War Medicine annually presents the award to an individual whom they determined have led innovative efforts in improving outcomes for patients with catastrophic injuries or developing new medical technologies to assist Armed Forces members or severely wounded civilians.

Weina was nominated for



U.S. Army official photo

Col. Peter Weina

the Letterman award by retired Army Col. Alexander Stojadinovic, currently the medical director for the Bon Secours Cancer Institute in Richmond, Va. Stojadinovic was the Combat Wound Initiative director before passing

that torch to Weina in January 2013.

In nominating Weina for the Letterman award, Stojadinovic stated, "I have known Colonel Weina for my entire military medical career. [He] has dedicated his entire career to advancing military medicine. His dedication, passion, and concerted efforts to improving the treatment of infectious diseases affecting our troops have enhanced the health and quality of life for both our military and civilian health care beneficiaries."

Stojadinovic went on to make note of Weina's efforts in the areas of malaria and leishmaniasis. He said Weina has "sought to modernize and advance the treatment" of malaria, which proves a challenge for deployed military personnel to certain regions around the globe and remains endemic in various regions of Sub-Saharan Africa and the Middle East."

Concerning leishmania, Stojadinovic noted Weina determined this could pose a threat to deployed troops during Operation Iraqi Freedom 1, and established active surveillance to "seek, identify, diagnosis, and treat hundreds of cases of leishmaniasis that ultimately had minimal impact on combat operations during a critical period in the opening aspects of the war in Iraq."

A Wisconsin native, Weina said he was inspired to pursue medicine by his mother, a nurse for 40 years.

"I have been drawn to the sciences and to medicine most of my life," he added. "I became fascinated with parasites early in my military career, while still a private at Fort Hood, Texas."

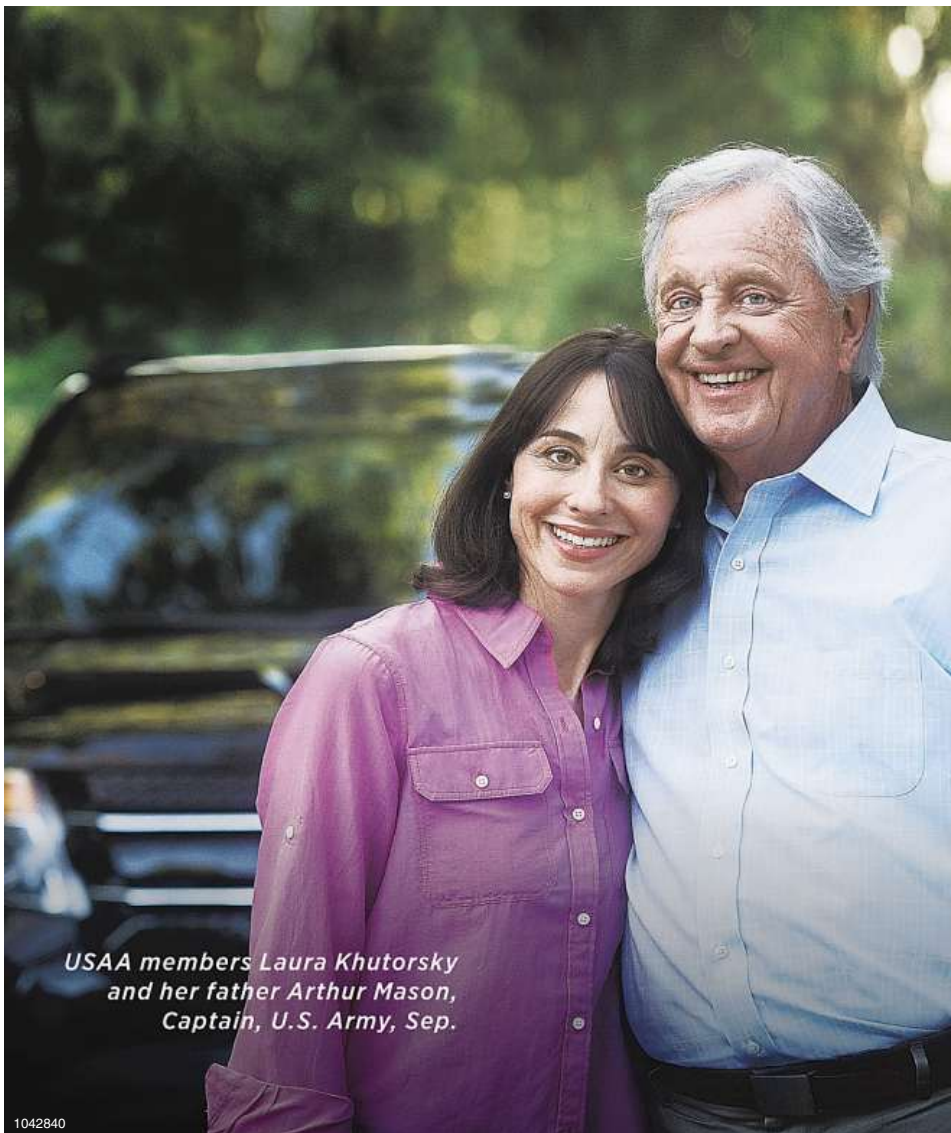
Weina also explained his decision to join the military was a legacy he inherited from generations of his family members who did the same.

"I quickly learned to love

the military and the opportunities that being in the military gave me. I was able to get an education, to make a contribution to something bigger than myself, and feel every day like I was not 'going to work', but doing what I loved," said the colonel.

With more than 38 years in the military, the colonel explained he would like continue to move research forward at WRB and contribute to improving the care to beneficiaries, "who deserve the best we can give them."

The National Museum of Civil War Medicine's Major Jonathan Letterman Award was established to celebrate Letterman's work as medical director of the Army of the Potomac. He is credited with establishing a more systemic use of surgeons and supplies on the battlefield during the Civil War.



USAA members Laura Khutorsky
and her father Arthur Mason,
Captain, U.S. Army, Sep.

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New Program Offers Hometown Media Recognition for Sailors and Civilians of the Year

In the coming months, the Navy will honor thousands of Sailors and Navy civilians with Sailor, Junior Sailor, Bluejacket and Civilian of the Year honors.

Through a new program, the Navy Office of Community Outreach (NAVCO) stands ready to help commands throughout the Navy share these stories with each honoree's home town media.

NAVCO has developed and deployed a new hometown media outreach program to share content with media across America. In 2014, using creative procedures and leveraging an industry-standard media access suite, nearly 4,200 stories and photos have been placed in Sailors' hometown media across the country, with a cumulative audience of nearly 73 million -- almost a quarter of the U.S. population.

Commands can take advantage of this service by simply submitting Sailor of the Year and similar stories and photos, which are likely being produced for internal media already, to NAVCO via email



U.S. Navy photo by Mass Communication Specialist 3rd Class Corey T. Jones

Adm. Harry B. Harris Jr., commander of U.S. Pacific Fleet, greets and congratulates Ship's Serviceman Seaman Idaresit Udofia, the Bluejacket of the Year aboard the guided-missile destroyer USS John Paul Jones (DDG 53).

at navyoutreach@navy.mil. Be sure to include hometown cities and states, and NAVCO will share the stories with the fea-

tured Sailors' hometown media across the country. NAVCO will also provide each participating command a media feedback re-

port with links to all coverage.

"We've all seen the commercial featuring the big red 'Easy' button," said Cmdr. James

Stockman, NAVCO director. "Think of the NAVCO Media Outreach program as your own personal 'Easy' button for getting your best Sailors and Navy civilians recognized in their hometown media."

NAVCO's hometown media outreach program helps tell the Navy story through the eyes of individual Sailors or Navy civilians by leveraging the ties they have to their home towns across the country. No other factor creates more marketability when highlighting personal achievements than a community's local tie with a Sailor or Navy civilian. The program is one of many NAVCO employs to increase Americans' understanding of the Navy, its people and its importance to national security and prosperity. An ancillary but no less significant benefit is the positive impact on the morale of the participating Sailors and Navy civilians.

For any questions, please contact Glenn Sircy at (901-874-5806) or glenn.sircy@navy.mil.

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Continued from pg. 1

family affair. Said another way, there is no greater patriot than the family of an American service member," he added.

"It is good for us to gather, and today we gather for the frocking ceremony of [our] Sailors," the general continued. "Promotion is recognition of potential to serve in the next rank," Clark said. The general stated he spoke with those Sailors frocked before the ceremony, and explained his and WRNMMC Command Master Chief Tyrone Willis' expectations of them.

"Each will lead. Each will be a role model of our core values. Each will take care of those they are privileged to lead. And each will keep those we are privileged to serve — our patients — at the center of all that we do. Command Master Chief Willis and I expect and will have nothing less."

Eighty-six Sailors were frocked to first, second and third class petty officers in their rates during the ceremony. In addition to being proficient in their jobs and hard work, key to their promotions was successfully studying for their advancement exams. Those newly-promoted Sailors explained they understand the significance of their achievement and new responsibilities.

"Words cannot describe the feelings I

have about being promoted," said Hospital Corpsman 1st Class (HM1) Annie A. Martin. "I am truly happy and humbled for being promoted to petty officer first class. My reasons for these feelings are because if it wasn't for my faith in God and the help of my shipmates, I would not be the person and leader I am today."

The new first class petty officer added, "My responsibilities now that I have been promoted continue to be taking care of my Sailors, Soldiers and Airmen while supporting the command mission, vision and guiding principles, but also not forgetting to take care of myself and my daughter while upholding the Navy core values."

Information Systems Technician Second Class (IT2) Daniel L. Warshaw shared similar sentiments about his promotion.

"I feel grateful to be selected for the rank of IT2; it brings the culmination of hard work full circle, and I can recognize that the way I conduct myself is keeping with what the Navy is looking for in future leaders," Warshaw said. "I have worked hard taking on a lot of responsibilities, dedicating numerous off-duty hours, and now it all has paid off," he added.

"My new responsibilities as a second class petty officer are to set the example for and lead those under me to be the best they can be led, and the best I am able to lead them," Warshaw said.

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